Yi2
7395
F 15

windows doors &c

House - Climate &c, old Roman rule of Animals lives.

sudden changes hurtful. — clev situations
best. Air purer the sea. Air purer by agitation of sea. Air most
pure at sea - next near it - next interior &
next marshy Countries - appetite varied without.
Dr Lyne died at 85 with smallpox in Ireland - lived with
open windows & doors; - Cold was equal - he
said he house healthy where a dog could not get
under door, and a bird at window". — p. 123
Less mortality at sea than in healthy Country
Cook.
Night air less unwholesome in cities than Countries
less Carbonic Acid inhaled. — p. 127
When wet - add salt to water instead of fresh
Sailors dont get cold when wet with salt water.
Chimney in Cellar. Windows & Shutters closed.
Rats sent to force. Cleanliness - were a
fair of them - for this purpose.
Burning Oils - out of Lamps - fifth from
yards - Dunbar's pen

bugs – rats &c precluding the necessity of Cleanliness as lice do persons – they are the lie of ours or open – no halfway. Dissenters run farms & houses. Houses unhealthy

1st appearance either completely warm 2 Too soon after plaster.

After [illegible] finished –

I Warmth
2 Stoves – listing, doubledoors, 2 Unventing water in cellar
1 fire places – Doors
II Coolness. beds – traps 3 green wood
1 Trees – portico – 4 old age of the wood
2 near chimney –
3 Closing windows &c in daytime.
4 Quality floors – ~~lower~~ story –
5 near ground.

Cleanliness

1 Sinks.
2 Kitchen Offals & yard Offals – bugs.
3 Bed Clothes
4 Dirty linen
5 fact of Dr Swift – Cleanliness prevents bugs rats – are lie on farms &c

as ~~&c~~ danger to ~~health~~ bugs arise from ye smoke of Chimneys & to health from opening windows – Chimneys – Ds Dangie to life from fires – how prevented – from them.

Some dency bread – some butter – some coffee – Quantity – Charyte – all under Quantity.

Air I have treated of Cold & heat -

Cold - heat exhalations - Churches - Sun
Churches -
Action in it - funerals; Old lepers fire
mustard Cataplasm 6 to one - butter & nutting
or water bottle. partial salt Cold Bath - Jos: Thomis
Omitted - only when warm -

sun water accelerates
Digestion too much
Fires as in Russia no Chimneys.

Dress. Woolen - Cotton - linen - Silk -
Rumford's tables - worst best - Old Quakers - Jamaica
1 Lose. Roman garments. - a great
improvement Cherry Valleys. Lin: changed often
worst. Cotton intermediate - wet to be avoided -
~~Chin~~ 2 Change with the weather not season only.
Chinese practice. 3 Feet how protected. Head Do. -
in Summer & winter - Straw & paste board hats cord, -
high crown hats. Two shirts. &c warmth - best
Child^n. Old men - women - reputed^n saying.

~~Beds~~ - mattrass & feather bed - down covering -
night Cap - Old men blankets. -
women - Child Labourers - Ploughs
men - Wet weather last Crane's machine

Mind

bad chuat.n: Gram.r: sitting &c

	Aliments Drinks.
He does not ~~enjoy~~ know all y.e ~~pleasures~~ pleasures	
of eating who does not desert more others from his	
ord.y ~~quantity~~ habits of food, & he does not know the	
pleasure of a feast who fares sumptuously	
every day.	

Our Saviour's charge – &c

Wore Men destroyed by simple want before
Eng.d from Quantity than ingrets in Drame.

Unfoun.d Beer – Boorhaave's fast – Tremdtin's
roll –

Wet flaps Sheets

Sugar prevents Worms

Parimus Licitis – under Quantity
of food.

Some forbid bread – Coffee Butter &c &c –
but quantity to be forbidden.

Diet – food. &c Drinks

Highlanders at Rannach before 1745 were so poor as to bleed ye Cows for ye blood. p: 125 –

Goats milk best substitute for women's.

Give Childn. plenty of milk – Sheep & flannel to make them healthy. In Winter

Liquids ~~food~~ as nutd. as solids – thirst intended for ym. and saliva & gastric juice. Tobacco &c –

good water known by 1. no Spot on Copper. 2 healthy animals were them. 3 boil Veg: soon. 4 are light. 5 dissolve soap. 6 no smell. 7 soon receives tastes smells &c & prepare w. difficulty 9 – soon hot & cold. 10 verdure on its banks. 11 water Cresses & water marigolds on Do. 12 plenty of good fish.

Pure water holds in solution $\frac{1}{28}$ of atmos: Air & a cubic inch of Carb: Gas in 100 ~~Cub~~ parts.

much nonsense on this subject – hard waters not unwholsome – most people live on ym – perhaps like Air best compounded. Contain Cal: earth w. mixed.

Old men
Drop really
eat by themselves
mutton - or
must better
than beer.
Spirits in
Shoes & boots
Sleep
~~Sleep~~ - under
blanket or
Chapelle for
~~14 9. 10. 0~~
Old people
under mind.

new Beer
best - see
Boerhaave
p 167.
cold Bath
wash feet.

May

409. 98
50
15 . 34
4 . 25
70

549. 57

[illegible]

[illegible]

June

Rain water best in winter & spring - no matter in air. Snow water not good from want of air - fish cant live in it. Deys water pure from wells - a parish sickly from bad water, made healthy by it Linel p. 248 vol. 1

Worms - Insects animalcula in marsh water proved by Boerhaave. -

Meat preserved in charcoal.

Milk - sugar prevents its curdling.

Costorphine Cream thus made. Put milk in a vessel & thrust it in warm water till it ferments. Then separate the serum thro a hole in the vessel. Put the rest into a Churn & Churn it till it becomes sour. is eaten wth sugar.

Butter milk - best when made of milk wth Cheese parts in it. Irish is thus made.

Milk preferred by all nations in a state of acidity.

Diluted milk better than skimmed.

Burgoo - thick gruel eaten wth molasses.

Toast & water made with boiling water &

toasted bread - excellent in fishes & at meals.
An egg (white & yolk) beaten up a substitute for Cream.
Coffee shd. be kept at a dist. from all other
bubs: — —
Chocolate made w.th flour - or sugar - or eggs or
milk. —
Barley broth. Barley a teacupful - water gallon
boil half an hour - then add ~~Beef~~ Clean Beef Qty
or a neck of mutton, some Carrots or turnips
cut small - Qt. of green peas - & some onions:
boil gently 2 hours longer.
Salt water mixed w.th Wine by the ancients - disd
by a friend in Pliny's servant.
Wine & water sooner intoxicates. Sipping water &c
Cup - Sherry or Madeira - Qt. or one bottle Cyder 4 D°
perry one D° Brandy one Gill. Two lemons
pare them & ~~raw~~ cut them & squeeze them
Then add grated nutmeg and ginger to
make them palatable. Then throw a burnt
biscuit into it - Drink them.

Beer not apt to induce stone - Cyprian
on eminent stone Cutter found no such patients
Brewers servants not subject to it.

Mead & Swalthegliss - how made? The 1st
honey 1 part water 4 w th aromatic herbs - The 2nd
Honey 1 & Water 2 Do:

Gin & Whisky most diuretic.
apple water - Dried apples too
liquids should be about 2 to one. 2 parts
of the former & one part water. more
between meals -
Meals, the; hour of sleep & stool should be regular:
nature expects them - apt to be destroyed by
neglecting them.
meat digested in liquors in the following order
1 water, 2 malt liquors. 3 White wines &
Claret. -
Aid sweet. - rendered less fermentable by baking.
by milk & cream - by sugar & old wine.
Nuts opposed lungs - Dr Hoffman says

gelly - and Acid & sugar - and Acid & gelat: of calves feet & sugar.

~~Decorpal~~

Dyspepsies most common when they abound most.

Roasted meat most nourishing.

Wether mutton 2 or 5 years old best roasted best, its fat harder of digestion than other fat of other meats. Can best. —

Poultry best a year old - not cooped up which confines the fat to spots - when run about is diff.

Fish best fresh - hot - less to be eaten than of meat [zo] not after other food - require

C. Condiments having little stimulus - Less Oil the more digestible - as whiting flounder &c

Butter ~~[zo]~~ makes it less digestible - but is called for by instinct - fish & milk never together.

Seafish nearer to flesh than fresh water fish.

Best to boil fish - ~~not~~ boil - then fry them.

C. Butter excellent - resists putrefactive fermentation - useful with fish & vegetables retards digestion, but to make it more perfect.

Eggs - most nourishing & soluble when raw - good lightly done - Soft easiest of digestion.

Chyme mixed as Lymph - better - Lymph passes &c

Wild Animals retain the blood most albeit.

All meats good only in the season - Eg pork not good in summer - best time of using them is when the natural food is most plenty.

Meat long kept more digestible, but less nourishing than the reverse -

The same animals differ in tot. bulk & nourish. from age - manner of feeding - fat or lean &c time & manner of being killed. Young most diff. of tot. least albeit. - Walleus says the foll. foods pass off the stomach in the fol. orders - Milk, meat Veg. - bread in 4 hours - fowl - fish in 5 - some meats in 6 or 7 Beef in 8 - are therefore most but not nourish.

Veg useful to fill stomach - animals created for man 14,760 pidgeons from one pair & 1,274,840 of Rabbits from one pr in 4 years - both intended for man's use. Animals exist where Veg. wont grow. In 8 days a man who lived only on pa-tiss discov. signs of satisfaction - Sir Ed: Bassy.

Veg: preserved Frying in pan or by fire - Salting pickling
Butter - Sugar - ice & Charcoal. Salt only for
Cabbage - mushrooms & Olives -
Animal food preserved - by Salting - the warmer the
Butter after Churn: is bet - Sugars thus preserved
thin meat - is excellent. best for lat.: & in hot
weather - 2 pickling - powder or crossing - by
Sugar - flour - Ale - Charcoal -
Cookery - raw flesh - prod: great strength - fruity &c
is perf by roast - boil: stewing - broil - frying -
boiling - digesting - Coal fire best for roast: is
most nourish - veal - Chickens &c better
roast than boiled - less viscid - Beef & mutton best
boiled -

Bread unleav: easiest of digestion. best for Children.
good - wheat & Rye correct each other - the One
for binding - the latter for opening. a Mariner said
he grew weak when he lived on leavened bread biscuit most strengthen
1/3 animal = 1/3 veg & 1/3 bread - a proper
meal.

Potatoes best; - half boiled - then roasted - or
first scraped - then boiled in less a little less water
then covers them - then taken out & well dried
by the fire to evaporate water.

Condiments

Water when alone drunk - requires ten times
much salt to be great to prevent satiety. —

Acids useful to fish & young animals upon
Vs viscidity — also flatulency - hence useful
in salads -

Cayenne the most thin: and Capsicum - thin
most transient. Ginger useful

Mustard, Ginger & Salt used on bread & butter
in Germany. — Quantity

Throw 6 to 8 oz for labourers, one third
solid & 2/3 liquid oz. Milo eat 20.

Abstinence - once a week by Indians - from
Thursday to Satd. - a great feeder in London - an
eg on Sunday. Dr Franklin lived 2 weeks on bread 20
& water only. — Dangerous total — best after a
full meal. Gen Elliot lived 4 days on 3 ie of rice
daily peige of ~~Bibl~~ Bilt.

Exercise imps: After eating - no eating till stomach
has imp. itself. not eat too soon after violent
exercise - chew meat well or cut it - fore teeth
preserved by biting — Lymphatic system takes up

perhaps from Growth when most^a good

Gentle perhaps best - but wth light food - never oppress - the body in ballast - not over loaded

Lean & young persons require most food - what a man loves, often does him most good.

The mahomedans who live on a little meat more long lived, than the Gentoos.

Pork the most nutritious meat.

Saltmeat lys nutritious.

Substitute for Cream - White Wax ~~3xij dissolved in a little water - then boiled 2 minutes~~

Condiments serve 4 purposes

1 excite appe - 2 salivate 3 Stimulate y^e Stomach, & thus increase, ~~and~~ also 4 retard ~~for~~ digestion

regulate labor - not quit. hurtful to weakly people -
in America only. Exercise - in Lakemans Gymnastics
for youth.
Voluntary labor. In any persons from School:
= men's disease. Change of air most necessary in
work shops. -
To preserve health. Tennis - Cricket - Golf - Shinty -
Swimming - Rowing - Angling - hunt & gardening
Agriculture.
A man leaped over 9 horses in Yorkshire, & a
man seated on 9th middle horse.
Fencing highly useful to breast.
To restore Health. Walking - riding - gestation -
Sailing - bowling - billiards - Shuttle cock - dumbbells
Pensile beds. - Cradle - Swinging - Loud reading or
Speaking - friction - Elect: Galvanism.
In Riding = bowels shd be supp: th w belt.
Sailing: - constant agitation of winds. others most useful - pure
Air - Liberty - mild Action - requires muscular
Action as in walking -
Speaking - hence women require less exercise
than men, because more Cathartic. hence mechanics
who sit at y: work suffer less from sitting.
hence Schoolmaster & literary men often long lived,
from exercise brings. -

Friction with the hand - Champoning. why not
carry horses men as well as horses. in Great &c
That men made lean, & horses fat by it. Galen.
Oil added - it restrains perspir.n - guards agn. cold &
moisture - useful in dropsies - Friction & sponges
flannel lips mucous. - prevented sore throat in his
Shinclair - useful to organs of speech - to gums
Exercise shd be suited to disease. For lumbago -
ringing - & pumping. those parts least exed. in rest shd.
be exercised most - shd in in open air - &c -
old men die after 60 from living too soon independt.

Presern.n of Eyes - ears & teeth.

Climbing Ladders & stairs - why? Cut most
fatiguing - Indian practice of carrying by when
tired why? Exercise for old people - the innocuous
Baths - Peditrium - air Baths -
the more nourishing diet.

Warm & cold Baths - Washing feet.
Dress - two shifts better than two great
coats Dr Boerhaave.

Breakfast - some solid food -
miniature diseases.

Sleep - see Phys: Lectures

- Children without Curtains - low bedstead - remote from a wall - windows &c - cultivate Sleep - says Lord Mansfield - Curtains best for it & why?

Opium - Correct. Fat Emet: to be carried About with debility to be obviated -

Old men - Chocolate &c Sweet Wines, Soups - fish - milk - Often - tea & Coffee many Above 80 - see p. 457 - of Compleat Book. Children drink Water only. -

Children - milk - water - vegetables - little meat - not much seasoned - eat Often - or drink. found for old age now bad. middle life

more meat - Wine sparingly - must liquors Gradually - to be much attended to - nature in old age. old age Cordial food Jacob -

Dis. are not to alter it — Diet relative — liberty — name of

Labourers — hard eggs — Dried & smoked meat — onions — sui cryptyt &c

Pork most nourishing of meats — salted less y: a

fresh. & good show of digestion — pray — let me feel it all

Chimes add rancid Castor Oil to Rice. slow of digestion — remembers fact of raisons &c

Labor — hard
Exercise distinct.
them — labor
Eyes cons?
Y portable of
man — healthy
when not on
exercise — bad
Exercise
Dorpsions

Who are,
in ways of
labor.

2 who labor
with
3 is only a
Y portable of
Y fluids.
Y liberte.

for labor
for God made
labor man
variation.
persons who
require rarer
in a state of
health: to Disease

Students — men — soft eggs — soups

Fact of Pools & molat: Fact of Bayle —

Kisses — Bees — solid food —

+ In all 3 — show: of dist. by non nourishing food

Seasons — Soups salt meat salads &c

acid & aromatic — Cordy: when drink — Indian

practice &c: cut hair. — Cattrolies. fish —

Idiosyncrasy — shd be overcome

may be —

Gen Observ:ns

Quantity - Quality - times - no general rule - ~~but~~ without except: - better - no man in perfect health - predisp.n:

Or habits generally to be avoided -

V

On Bathing

The ~~utility~~ advantages of bathing as the means of preserving health have been much abused by its use ~~been~~ for this purpose, being confounded with its use as a means of preparing the body for the hardships of war, or as a remedy for certain diseases.

As a preventive of disease, it acts in two ways by promoting cleanliness, and rendering the body less sensible of heat and cold, by imparting to it the highest grade of tone and health.

~~The weight~~ It has been divided into hot warm-tepid, - temperate, - and cold.

The tepid bath in which the water is at 96° or the heat of the human body - the temperature in which the water is between and the cold in which it between 56°

32 are the ~~only kinds of~~ temperatures at which water is chiefly used as the means of promoting cleanliness & health.

~~However~~ ~~opposite the~~ Notwithstanding the distance of the ~~tepid~~ temperature in its degrees it produces ~~seems appear to be~~ the use of the water nearly the same toxic effects upon the body.

Water at 96 is preferable to that below it chiefly for the purpose of cleanliness.

The following rules should be attended to in using the ~~tepid~~ Baths. of all this different temperatures.

1 They should never be used after eating a full meal.

2 The Cold Bath should never be used while the body is covered with sweat, more especially if it be accompanied with fatigue. However ~~safe~~ useful Cold water may be when thrown over a horse ~~wherefore~~ ~~it is an unsafe application to~~

~~the body of a live and~~ or plunged into by an Indian while their bodies are wetted with sweat, it is an unsafe application in that state of the ~~body to~~ skin to the body of civilized men.

3 The cold shower Bath produces a more powerful effect upon the body than the plunging bath. Throwing a few buckets ~~over the~~ of cold water upon the body placed in a tub, or in half a hogshead, is a good substitute for the shower bath.

4 ~~The tepid Baths~~ Both the cold & tepid Baths may be used in the morning, or at noon, or in the evening, but it will generally be most convenient to use the former in the morning and

~~the latter in the evening. or~~ In very warm weather ~~they may~~ both be used in the same day. Exercise will be useful after the cold Bath especially if a chilliness succeed it. To prevent this chilliness the temperature of the water should be increased to the temperate, or reduced to the cold degree. ~~or reduced, the latter by comprehending the body more~~ The latter by its greater compression of the body produces sometimes a greater reaction, ~~of and thus~~ than the temperate degrees of cold, and thus obviates chilliness after the use of the bath.

~~Long~~ It will be unsafe to remain longer than from 15 to 30 minutes in the tepid bath. ~~tends the~~

Soap should be employed ~~in removing~~ in washing the hands and feet, also ~~the perspiration~~ those parts of the body in which the perspiration is most apt to ~~acc~~ accumulate, and become offensive.

If the head should be protected by means of a bladder or oiled cloth cap, so that ~~the~~ every part of it may be wetted by the water

Extracts from Cogan.

Emotion - the reaction of passion. ~~from~~ ~~no~~ ~~more~~ ~~mighty~~
Anger is fear in excess - Le hypocrite - Wonder ~~Astonishing~~
Affection - more durable may be both implies
Pleasant. when durable is temper -
Principle passions - love & hatred D'Walts
Surprise - hidden - Wonder intricacy -
Astonish^t - Grandeur & great both stimulate
analogy of Cold - Ignorance & knowledge - alike
excite to action. - the former from fear - anxiety
Le like stimulus of Vanity -
Astonishment - inventor of the mind.
amusement a corrupt of Wonder & Astonish^t.
Joy - gladness - cheerfs - mirth - Content^t.
Satisfaction a higher grade of Contentment.
is permanent satisfaction -
Complacency - ~~higher~~ self - Approbation includes
excellency - pride - Vanity arrogance invented
complacency - illegitimate offspring of it.
Haughtiness an overt act of pride - is pride
in an emotion - Arrogance claims equality
or ~~by~~ superiority -
Wish - inactive - Desire prompts to action -

V

Thus far for healthy people, but what are

the Predispositions. —

1 Sanguineous — how to live

2 Nervous — how? bed warmed

~~Epileptics~~

Lymphatic: 2d Lymph.D — bed warmed —

Atonic: —

Hepatic

Cutaneous — how to live?

~~I have~~ This caution I know will be objected to by persons who are in the practice of sleeping with windows open in cool, and even cold ~~we~~ ~~walk in~~ ~~warm~~ weather without injury. But let them remember ye: there is less danger in doing so ~~in the winter~~ at those times than in the summer months. The greater ~~little~~ the heat, the more the system suffers by a small ~~Descent of the y in the thermo~~ diminution of it. This is ~~the~~ so well known by sad experience in the last ~~about~~ last dreadful ~~in~~ Egypt, where more deaths are induced by the night air than in all the north. Differs ~~between y towns~~ of Europe or in the United States. ~~It is~~ The ~~you~~ ~~not~~ by protecting the heat of ye body from the